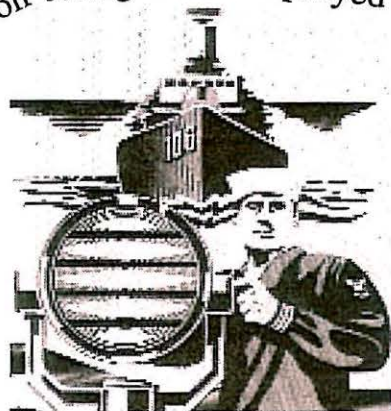


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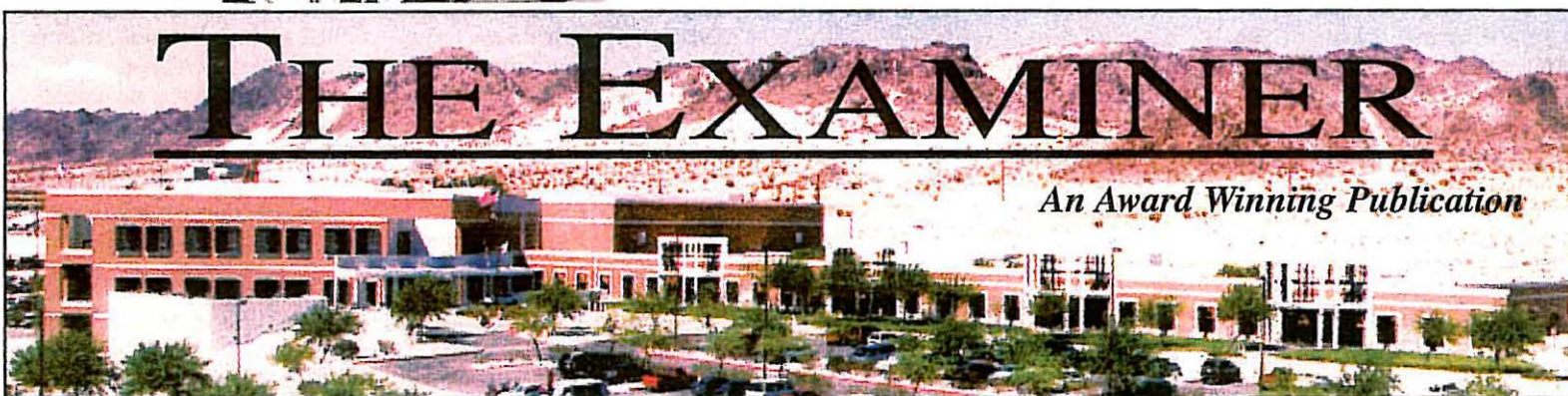
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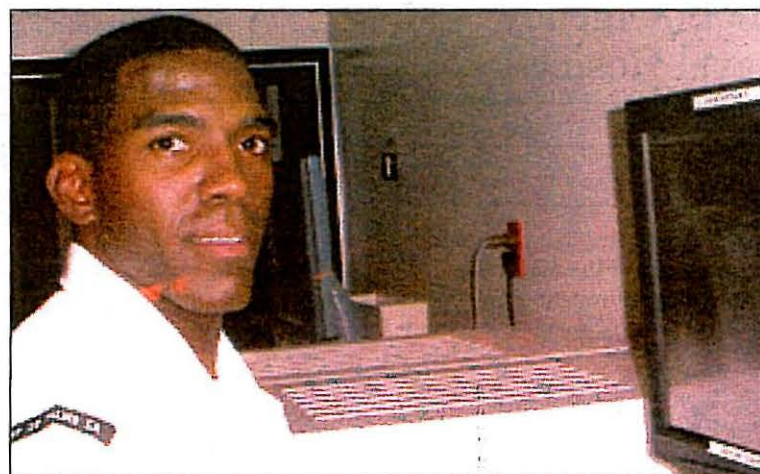
Robert E. Bush Naval Hospital Sailor Receives National Honor

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

Petty Officer Second Class Dempsey Lamar Tomblin, an Advanced Radiology Technician in the hospital's Radiology Department has been selected as this year's American Legion's Sprit of Service Award winner for the U.S. Navy.

Five enlisted members, one from each military service, are honored each year for outstanding community volunteer services during the American Legion's national convention. This year the convention will be held in late August at Salt Lake City, Utah.

Tomblin was selected because



New Service Offered at Hospital

Chiropractic services will now be offered at the Robert E. Bush Naval Hospital on a limited basis.

Initially this new service will be offered to Active Duty Service members, who will be referred to the Chiropractor by their doctor.

The services will help patients with Neuromuscular Conditions such as back, neck and extremity injuries to name a few, along with teaching prevention, nutrition, weight loss and exercises. Dr. George Sargetis, a civilian contracted Chiropractor, earned his Doctorate of Chiropractic



from the Palmer College of Chiropractic at Davenport, Iowa in 1983, and received his license to practice in California in 1984.

of his leadership skills and volunteer work with both the local military and civilian youth and adult sports programs.

Tomblin hails from Willacoochee, Georgia where he graduated from Coffee High School in Douglas, Georgia in 1992 where he participated and lettered in Basketball, Football, Track and Tennis.

Tomblin joined the United States Navy June 20, 1995 as he stated, to pursue a career in the medical field. He reported to this command in March 2004.

True to his word, in pursuing a career in the medical field he is due to complete his BA in

Healthcare Management from Southern Illinois University in December of this year and he is near to completing another BA in Radiology Technology from Touro International University.

"HM2 Dempsey Lamar Tomblin found me one day in June of 2004 to volunteer to help with the Twentynine Palms High School Boy's Basketball program. He developed an off-season conditioning program, and with his outgoing personality he soon had 22 young men working out twice a week through the entire summer.

Continued on page 7

Inside...

Prostate problems are very common after age 50 and the older men get, the more likely they are to have such problems. *page 2*

You have just had your yearly check-up and your blood tests show that your cholesterol is a little high, especially the reading for LDL cholesterol. *page 3*

I'm sure you have seen the signs and advertisements: 'Back to School.' *page 5*

Comprising a significant portion of the cultural mosaic of the United States of America, Americans of Hispanic origins greatly influenced our melting pot while retaining its integrity and flavor. *page 6*

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Here's to your Health...

Prostate Cancer Awareness Week Is September 17 - 23

By Martha Hunt, MA
Health Promotions Coordinator
Robert E. Bush Naval Hospital

Prostate problems are very common after age 50 and the older men get, the more likely they are to have such problems. Most prostate problems, however, are not cancer but normal changes that come with aging. What is the prostate? The prostate is a gland that makes fluid that becomes part of semen, the white fluid that contains sperm. The prostate lies low in the body; in front of the rectum and below the bladder (where urine is stored). It surrounds the tube that carries urine away from the bladder (urethra).

When you're a young man, your prostate is about the size of a walnut and it slowly grows larger as you get older. If the prostate gets too large, it can cause urinary problems. Infection or cancer in the

prostate can also cause urinary problems. There are several different kinds of prostate problems and only a doctor can tell one from another. That's why you need to see your doctor if something doesn't seem right to you.

These are some of the common prostate problems that are not cancer. Acute prostatitis is an infection of the prostate caused by bacteria. It can cause fever, chills, pain in the lower back and between the legs, or pain when you urinate. If you have these symptoms, see your doctor right away. Antibiotic drugs can kill the bacteria and help you feel better. Chronic prostatitis is an infection of the prostate that keeps coming back time after time and can be hard to treat. Sometimes, taking antibiotics for a long time may work.

Benign prostatic hyperplasia, or BPH, is very common in older men. This is when the prostate is enlarged, but it is not cancerous. Over time, an

enlarged prostate may press against the urethra, making it hard to urinate. It may cause dribbling after you urinate or a need to urinate often, especially at night. Your doctor will do a rectal exam or an x-ray to check for BPH.

Prostate cancer is the second leading type of cancer among American men, lung cancer is first. In fact, it is most common among African American men. Treatment for prostate cancer works best when the disease is found early.

Early prostate cancer does not usually cause symptoms but as the cancer grows, it may cause trouble urinating and you may need to urinate often, especially at night. Other symptoms can be pain or burning during urination, blood in the urine or semen,

pain in the back, hips, or pelvis, and painful ejaculation.

Below are the signs of prostate cancer. Keep in mind that they are much more likely to be caused by benign diseases than by cancer, but that you should NOT ignore them on the hopes that you don't have cancer. Prostate cancer kills 30,200 men in the US every year. The signs of prostate cancer include:

- Frequent urge to urinate.
- Blood in urine or semen.
- Painful or burning urination.
- Difficulty in urinating.
- Not being able to urinate.
- Painful ejaculation.
- Frequent pain or stiffness in lower back, hips or upper thighs.

Dribbling of urine.

If you have any of these symptoms, see your doctor right

away!

The risk factors for prostate cancer include: Age: the risk of developing prostate cancer increases as a man gets older. Diet and lifestyle: the effect of diet on prostate cancer risk is under study. A diet high in fat, especially animal fat, may be associated with an increased risk of prostate cancer. More studies are needed to determine if a low-fat diet with more fruits and vegetables helps prevent prostate cancer. Finally, Race: the risk of prostate cancer is dramatically higher among blacks, intermediate among whites, and lowest among native Japanese. However, this increase in risk may be due to other factors associated with race.

What to Expect at the Emergency Department at the Naval Hospital

By Lt. Chris Niles, NC
Emergency Medicine Department
Robert E. Bush Naval Hospital

When you register as a patient at Naval Hospital, our helpful registration clerk will welcome you. For the registration process, you will need the following information:

1. Your name
2. Date of birth
3. Social Security number
4. Address
5. Telephone
6. Insurance coverage

You can assist us with your checking in process by providing complete and accurate information upon registration to the Emergency Department. If you have previously visited the Hospital, it is important that we be informed of any changes in your address, insurance coverage, change in unit status and future PCS information. This information is handled confidentially and ensures that accurate data is provided to those involved in your care.

Our goal is to care for your health needs as quickly as possible. It may be helpful to learn a few things about how we operate. This Emergency Department is here to support all Marines, Sailors, visiting Forces and families. In an average year, our medical staff cares for more than 45,000 patients.

When You Arrive

As you arrive, a quick assessment will be made of your injury or

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Continued on page 7

Little Changes Reap Big Benefits for Women

By Cmdr. Kathleen Hewitt, CNM/WHNP
Robert E. Bush Naval Hospital

You have just had your yearly check-up and your blood tests show that your cholesterol is a little high, especially the reading for LDL cholesterol.

Your health care provider seems to think that a steady diet of your favorites from the meat and dairy world is paving the way for heart disease. The major cause of coronary artery disease (heart attacks) in women over 50 is arteries that are clogged with LDL, low density lipoprotein ('bad' cholesterol), a soft,

waxy substance that hardens into plaque inside the arteries. The HDL, high density lipoprotein ('good' cholesterol), which escorts the LDL out of the body, is the other important factor in determining what your cholesterol levels are.

Even if you are not over 50 years old yet, you can begin now to protect your heart. If you can drop your LDL cholesterol to below 130 mg/dl, and increase your HDL cholesterol to around 55 mg/dl, your risk of heart disease is significantly reduced. Health care providers

all agree that the best way to clobber cholesterol levels now, and for the rest of your life, is to make small, but strategic switches in what you eat. Effective and sure-fire ways to get those heart-protecting cholesterol levels are:

*Declare your plate a low-fat, cholesterol-free zone.

Cholesterol is only found in animal products, so avoiding foods such as red meats, liver, butter, cheese, and eggs, can lower blood levels of cholesterol.

*Don't fry...ever! Cooking food at high temperatures in oil, shortening, margarine or butter can increase the risk of raising LDL cholesterol. Instead, steam, microwave, or broil foods.

*Trade fiber for fat. Foods

high in soluble fiber, such as oat bran, oatmeal, barley, and beans, have the wonderful ability to help decrease your cravings for fatty, high-cholesterol foods like cheese and bacon by filling you up.

*Load up on plant foods. Citrus fruits, yellow-orange vegetables, and dark leafy greens are rich in fiber and antioxidants such as Vitamin C. Antioxidants are naturally occurring vitamins, minerals, and other substances that, among other benefits, seem to help prevent damage to artery walls. Soy foods, which contain flavonoids, saponins, and other natural substances known as phytochemicals, can also help lower cholesterol and reduce clogged arteries.

*Sweat. Dietary changes alone tend to drop HDL's along with LDL levels, but luckily, aerobic exercise, such as walking, swimming, jogging, or rollerblading, can preserve your HDL levels.

Remember, a few small changes today is going to go a long way towards great rewards tomorrow...a long, healthier, and cholesterol-free life for you. For help getting off to the right start in making those changes, call your primary care provider, and get your cholesterol levels drawn. Your primary care provider can also make a consult to the Nutrition Department for help in finding the right dietary plan for you.

Welcome to Walktober!

Walktober is a new national walking campaign designed to dramatically boost walking in just 31 days... and to inspire individuals to make walking a priority... in October and beyond.

This event is open to Marines, Sailors, dependents, retirees, and Combat Center employees.

Anyone over age 55 or has high blood pressure or high cholesterol or a history of heart disease must get permission from their doctor before engaging in any new exercise program.

To join in on this program pick up your materials from Health Promotions in Room L123 at the hospital and be sure to sign the sign in sheet.

To be eligible for prizes return the completed log no later than COB Friday, Nov. 10.

What do I get if I enter?

First 40 to enter get:

A pedometer

Walking journal

Walking log books

Next 20 to enter get:

Walking journals

Walking log books

All who enter (up to 200) get:

Walking log books

Prizes are awarded based on the number of days in October that you meet your daily step goals. Daily step goals are explained in the Walktober Walking log book that you picked up in Health Promotions. Winners will be announced the week of Nov. 13.

Top 15 walkers who meet their daily goals on more than half of their walking days will receive *Low Fat & No Fat Meals in Minutes.*



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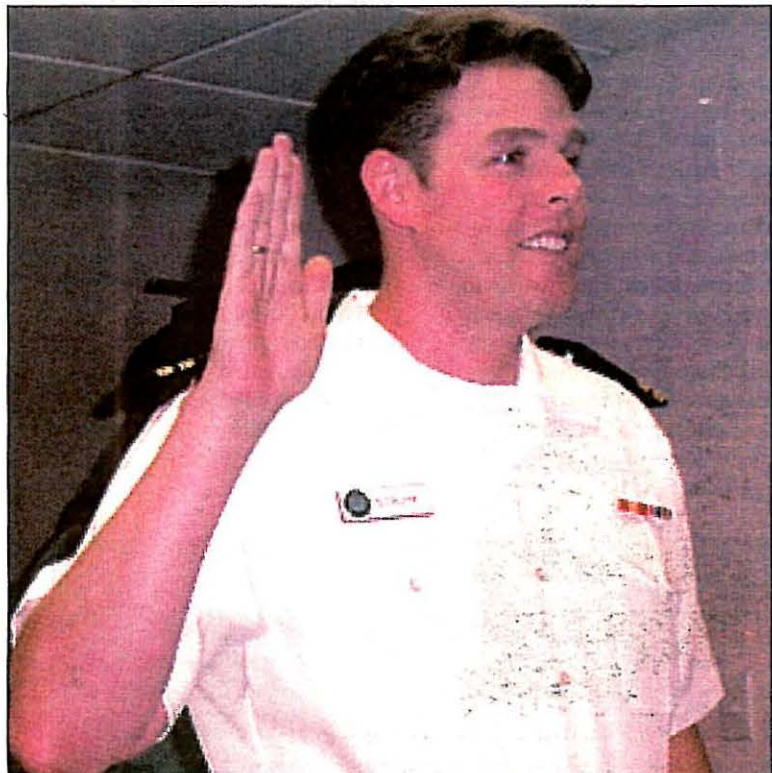
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Super Stars



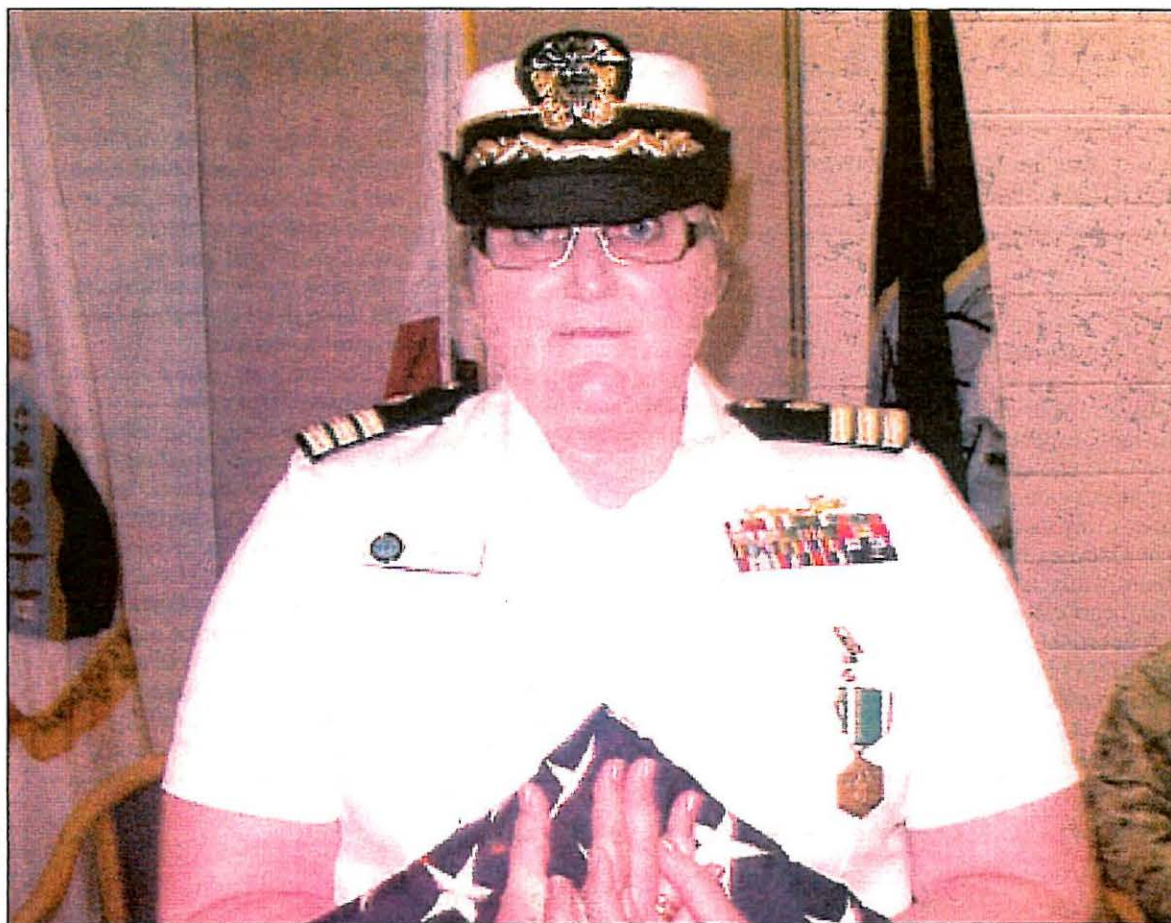
Lt. Cmdr. Brian Struyk, Anesthesia/Surgical Services takes the oath during his recent promotion ceremony.



Lt. Darren Couture, Anesthesia/Surgical Services was recently promoted to Lt. Cmdr.



Captain Denise Johnson, Director for Nursing Services and Surgical Services receives a Meritorious Service Medal.



Cmdr. Arleta Fryslie, the hospital's Risk Manager, is 'piped ashore' at her retirement ceremony. Fryslie served in the United States Navy for 24 years as a Nurse Corps Officer.



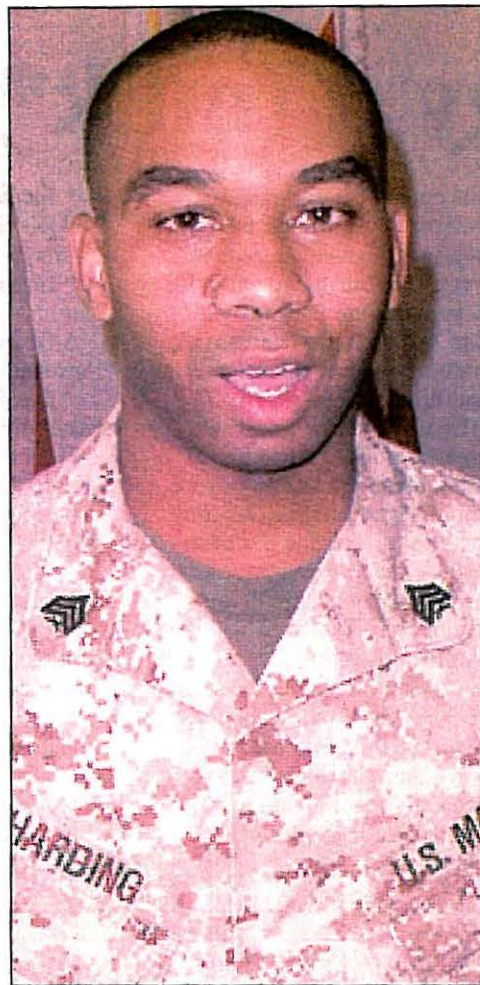
Lt. Antoinette Marengo-Barbick, Obstetrics, was recently promoted to Lt. Cmdr.



Winners of the recent Pharmacy, HMC Vici



James Schoeb, Orthopedic Surgeon, takes the oath during his promotion ceremony to Lt. Cmdr.



Sgt. Martin Harding, Marine Liaison, received the Navy and Marine Corps Commendation Medal.



SKC Salvador Arandia, Material Management Department, takes the oath during this recent reenlistment ceremony held on the hospital's Quarterdeck.



Final Chess Tournament are from left to right, HM1 Vicente Custodio, Paraz, Security, and HM1 Michael Santos, BioMed Equipment Repair.



Flanked by his wife Jennifer and Lt. Cmdr. James George, Family Medicine Clinic, Lt. Cmdr. David Wyckoff, center, celebrates his recent promotion.

E = (mc)² ... Energy = (milk*cereal)²!

By Lt. Michael J. Mero, MS, RD
Department Head, Nutrition Management
Robert E. Bush Naval Hospital

I'm sure you have seen the signs and advertisements: 'Back to School.'

Well, school supplies and new clothes are not all you need to think about. The next time you are at the Commissary, stock up on healthy and fun foods for breakfast.

Your body and brain is a high performance vehicle. You wouldn't run your car on soda and candy, would you? No, I didn't think so. Don't run your brain on it either. Your system needs high-octane fuel -- nutritious foods to power up your body and brain. Eating breakfast is premium fuel for your

day.

It has been proven that eating a healthy breakfast helps you wake up, stay alert longer, and do better at schoolwork and tests. And of course, nutritious foods fuels top physical performance. Don't run your engine on junk food. Eat breakfast and rev up your day!

Whatever food we eat gets digested and broken down into more simple forms -- the primary one being glucose (or simple sugar). The metabolic by-product that fuels our brain is glucose. By the time we wake up in the morning, our body is in a fasting state and therefore

runs on a decreased metabolic rate (the rate at which the body uses energy or blood glucose). If you skip breakfast, not only do you prolong your fasting state, but you also decrease the amount of blood glucose fueling your brain.

There has been significant research studying the effects eating breakfast has on overall school performance. Omitting breakfast affects the performance on specific cognitive tasks, particularly those involving memory and interferes with cognition and learning.

Studies have shown that eating breakfast resulted in:

- * Significant increases in scores on assessment tests -- especially reading and math
- * Increase in grades -- especially math

- * Increased attention span
- * Decreases in the number of visits to the school nurse
- * Improved classroom behavior
- * Decreases in student absences and tardiness

Decreases in the number of disciplinary incidents at school

Now that we know how important breakfast is, what we eat is also important. Cereal is one of the primary contributors to children's energy, carbohydrate, and fiber intakes as well as intakes of most vitamins and minerals. Cereals consumed with low fat milk and topped with fruit, in turn increase the intake of calories, calcium, fiber, and other nutrients.

- Other healthy and fun breakfast food options to consider:
- * Piece of peanut butter toast

and a shake made with low fat milk, juice, and fruit

- * Low fat yogurt mixed with granola and fruit
- * Hot cereal (oatmeal, cream of wheat, etc) mixed with low fat milk and served with fruit
- * Low fat breakfast proteins (Canadian bacon, turkey sausage, etc) served with waffles or pancakes, fruit, and low fat milk

While you are planning ahead for your children to start school, make sure there are plenty of healthy breakfast items for them to choose from. Even if you get a late start to your day, pack a granola bar, toaster pastry, french toast sticks, etc. for them to eat on the run.

Remember -- Eat Smart and Start Your School Day with Breakfast!

More Guard, Reservists eligible for health care plan

By TriWest Healthcare Alliance

More National Guard members and Reservists may now enroll in the military's expanded health care plan, TRICARE Reserve Select (TRS).

Open season to enrollment begins Aug. 1, and health care coverage can begin as early as Oct. 1.

"TRS expands the benefits to all Selected Reserve guardsmen and reservists, rather than limiting coverage to those who have been activated for more than 90 days supporting Operation Enduring Freedom, Operation Iraqi Freedom, or Noble Eagle," said Joe Nortz, TriWest Healthcare Alliance's Guard and Reserve Liaison.

Under the new plan, members of the Selected Service and their families will fall into one of three tiers:

* Tier 1 is very similar to the original TRS plan and is available to those members who were activated for at least 90 days in support of a contingency

operation;

* Tier 2 is for members who were not activated but need coverage because they are unemployed, self-employed or do not receive health care through their employer;

* Tier 3 covers those not covered under the first two tiers.

Each tier carries a different monthly premium, and eligible members may purchase member-only or member-and-family TRS coverage and members need to work through their units' personnel offices to establish eligibility before requesting TRS coverage.

Monthly Premiums
TRS Member only
TIER 1 -- \$81.00
TIER 2 -- \$145.29
TIER 3 -- \$247.00

TRS Member & Family
TIER 1 -- \$253.00
TIER 2 -- \$451.42
TIER 3 -- \$767.41

Tier 1 coverage begins the first day after Transitional Assistance

Management Program (TAMP) coverage ends. Coverage begins Oct. 1, 2006 for qualifying Tier 2 and 3 members with applications and payment postmarked on or before Sept. 25, or, on Jan. 1, 2007, for applications postmarked Sept. 26 to Nov. 25.

TriWest will begin accepting completed requests for coverage from eligible members along with their first-month premium

beginning Aug. 1.

Those members activated in support of a contingency operation and determined to be qualified for Tier 1 coverage by their service component, must enter into a service agreement no later than 90 days after deactivation from qualifying service.

They also must submit a request for TRS coverage and

their first premium payment no later than 30 days prior to the end of their 180 days of Transitional Assistance Management Program (TAMP) coverage. Their TRS Tier 1 coverage begins on the 181st day after deactivation providing continuous coverage.

Visit www.triwest.com for more information.

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TRICARE eases long distance travel to specialists

By Mark Jecker
TriWest Healthcare Alliance

When specialty care is not available close to home, TRICARE Prime beneficiaries who are not on active duty may be allowed travel expenses if the care they need is 100 miles or more away.

The Prime travel benefit allows TRICARE Prime beneficiaries to seek reimbursement for reasonable costs, such as mileage, lodging and meals when traveling to medical specialists more than 100 miles each way from their Primary Care Manager's (PCM) office.

To be eligible, the beneficiary must be referred to the specialist and receive prior authorization from TriWest Healthcare Alliance for any of the following reasons:

* A Military Treatment Facility (MTF), network or non-network provider in the required specialty is not available within 100 miles of the referring PCM.

* An appointment with a specialty provider, who is located within 100 miles of the referring PCM, is not available within TRICARE's 28-day waiting-

time standard.

* The beneficiary agrees in writing to travel to a health facility, other than an MTF, offering the specialty care that is farther than 100 miles from the referring PCM.

Save your receipts

Beneficiaries planning to file claims under the Prime travel benefit are advised to save all receipts for reimbursable expenses, such as rental cars, commercial travel tickets, lodging and meals.

Reimbursement may be authorized for the travel expenses of one non-medical attendant...an adult family member or guardian...deemed medically necessary by the PCM.

If referred to a distant specialty provider, the beneficiary will receive a letter from TriWest with instructions to visit or call a designated point of contact (POC) at the MTF or the TRICARE Regional Office to determine eligibility and apply for possible travel reimbursement.

Only the POC specified in the letter will determine the beneficiary's eligibility for reimbursement.

What to Expect...

Continued from page 2

illness by a triage nurse before your personal information is obtained. Triage is a sorting of patients into categories corresponding to their severity of illness or injury. How quickly you are taken into the Emergency Department depends on that assessment and on how busy the ED is - and not necessarily on the order of your arrival.

Please keep in mind that in addition to those seated around you, the emergency department is also receiving patients by ambulance as well. The ambulance entrance is behind the hospital and that activity is not visible to you.

During your initial assessment, a nurse will determine the severity of your condition. A triage acuity level will be assigned to your case, in order to prioritize patients for treatment according to medical necessity. This will allow patients with the most serious medical problems to be seen first.

Questions While You Are Here

If you have any questions about your care while you are here, please ask for the Nurse. Your Nurse is responsible for coordinating all aspects of your visit and resolving any problems you may have while in the Emergency Department.

Honor...

Continued from page 1

Once the official 2005 and 2006 basketball season started Lamar was an assistant varsity coach, because of his work at the hospital he couldn't make many practices but he very seldom missed a game," said Larry Bowden, Head Coach, Boys Varsity Basketball, Twentynine Palms High School.

"It is a sincere pleasure knowing and working with Lamar, as his character, composure, knowledge, and reliability enhance every program he is involved in. He exemplifies everything the Recreation Department is looking for in a volunteer. He has proven without a doubt that he is genuinely concerned for the youth in our community," said Ralph Wright, Recreation Superintendent, City of Twentynine Palms, Calif.

Tomblin spends many of his liberty hours volunteering for his community, but, he never lets his shipmates and co-workers down. "The Radiology Department is extremely proud of HM2 Dempsey Tomblin, he has served our department and command with distinction from April 2004 until present. He has been on the cutting edge of transforming the Radiology Department to a fully digital radiology system," said Cmdr. Michael Lane, Radiologist and Tomblin's supervisor at the hospital.

"It is no surprise to us that he was nominated for this award and that he received it. In addition to his daily superior performance at work, he has been highly involved in local high school sports coaching, command basketball coaching and representing the Navy at local high school recruiting days," said Lane.

"Petty Officer Tomblin stands out in any gathering or group. He is articulate, he focuses on others as individuals, and he is an outstanding mentor and advocate. He's the type of person I hope my children have the opportunity to closely associate with. He is an outstanding representative for the Navy with his Spirit of Service," said Lt. Cmdr. Fred Schmitz, Director for Clinical Services, Robert E. Bush Naval Hospital.



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September is for Honoring Hispanic Heritage

By HMI(FMF) Michael Santos
Diversity Team Leader
Robert E. Bush Naval Hospital

Comprising a significant portion of the cultural mosaic of the United States of America, Americans of Hispanic origins greatly influenced our melting pot while retaining its integrity and flavor.

Hispanics can be referred to as a group of people who originate from Spanish speaking regions.

Even before the Pilgrims set foot on American soil, Hispanic civilization and culture was already thriving in many states. Their more than 460-year ethnic legacy and profound impact in our nation is evident through historical facts, figures and findings. Santa Fe, N.M., San Antonio, Texas, San Diego, Calif., and Pueblo, Colo., are just some of the many famous cities with Hispanic origin.

Due to popular clamor for recognition, on September 17, 1968, the Senate and the House of Representatives passed a joint congressional resolution by virtue of a voice vote designating September 15 and 16 as National Hispanic Heritage Week. Incidentally, September 15 also marks the Independence Day for five Latin American

countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua while Mexico and Chile observe theirs on September 16 and 18 respectively.

Twenty years later, the Congress, by Public Law 100-402, authorized and requested the President to issue annually a proclamation designating September 15 through October 15 as "National Hispanic Heritage Month." The event was monumental to this special group of people whose major role in developing the vast resources of the country is very instrumental in shaping and enriching what is now America, the cradle of cultural assimilation.

This is a noble way of paying tribute for their contributions in the field of arts, language, music, faith, food, customs, traditions and countless other endeavors. It is through this annual celebration that we not only recognize their diverse talents, bright ideas and significant achievements but also honor their unique influence and moral values passed from one generation to another.

According to some historians and scholars, there are more than 10,000 English words of Hispanic root words. Many are of Native Indian origins that

became English through Spanish. There were also types of usages or accents used: Castilian, which is mostly spoken in Northern Spain; Lowland Spanish, spoken in the Caribbean and the lying coastal areas; Highland Spanish, the standard Latin American Spanish which is the most commonly taught Spanish dialect in U.S. schools; and the Buenos Aires accent which uses the old grammar Spanish much like the 'thee' and 'thou' of our Old

English.

According to the United States Census Bureau, there were over 41 million people of Hispanic descent comprising approximately 14 percent of the total U.S. population but in 2050, it is projected to skyrocket up to 24 percent. Of this population, more than a million veterans have proudly served the country and demonstrated unrelenting service and deep commitments to defend our country and our way of life since the beginning

of the American Revolution to Operation Iraqi Freedom.

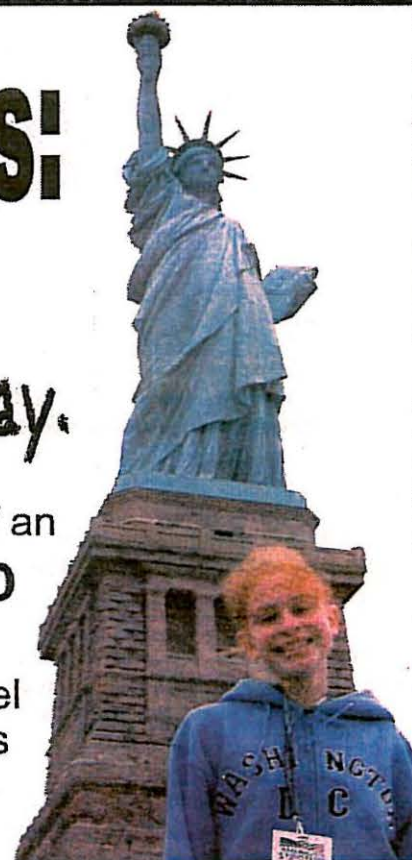
Most notable is the Continental Army's Bernardo de Gálvez, who led his underdog troops to multiple victories against the British. 40 Hispanics are recipients of the Medal of Honor and over 64,000 are still on active duty dedicating their genuine commitment to the principles which made our country great and free.

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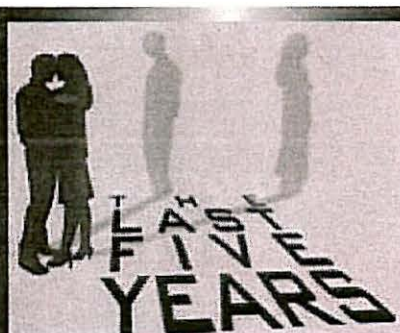


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